

Work is hard. At your level, it's even harder. There's no time for anything else. You either stop pushing at the maximum limit, or you fall behind.

The next level is always front and center. But despite your determination to keep charging ahead, there's something deep down that just won't stop gnawing at you. You know sooner or later you're going to have to face this inner, demanding passenger. It isn't going to quit until you do.

This inner passenger is your conscious. It's trying to tell you something. And you know exactly what's it's trying to say.

While your mind is moving at full speed, your body is getting left behind. You constantly push your brain and work harder and harder. But then you ask yourself: Why...why do I abandon my body?

You're literally ripping yourself apart. Your mind is full speed ahead while your body is getting left behind.. You know your body needs just as much exercise as your brain.

I get it. I know exactly how difficult it can be to keep your body in sync with your high performing mind.

You've tried before to provide your body with what it needs, only to fail. There must be a better way...and there is.

My name is [name here] and I want to show you how you can have the best of both worlds - a high performing mind and a toned, fit body. Once your body and mind are in sync, you'll begin performing at a whole new level.

How is all of this possible without disrupting your busy schedule?

Through the [coaching program name]. A 10 week online, executive coaching program.

I'll be your coach through out. You'll discover the tools necessary to sculpt a healthy and fit body, all while still fully involved with your busy day.

In your private Facebook and Whats App, you'll be provided with motivational messages and plenty of opportunities to have your questions answered. Your food dairy intake can be monitored as well, providing an additional level of fitness guidance.

You'll receive a weekly one-on-one 20 minute Skype call with me, talking about any aspect of life you want to improve.

Every Sunday, your specific, nutritional target and training program will detail the week ahead.

Join me in the transformational experience. I succeed only if you succeed. The time to take your fitness back is now. I'm ready and waiting. Let's do this!